



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01173, Egg, white, dried

Report Date: July 11, 2017 14:05 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28g
Proximates					
Water	g	5.80	2	--	1.62
Energy	kcal	382	--	--	107
Energy	kJ	1598	--	--	447
Protein	g	81.10	2	--	22.71
Total lipid (fat)	g	0.00	--	--	0.00
Ash	g	5.30	2	--	1.48
Carbohydrate, by difference	g	7.80	--	--	2.18
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	5.40	--	--	1.51
Minerals					
Calcium, Ca	mg	62	2	--	17
Iron, Fe	mg	0.15	2	--	0.04
Magnesium, Mg	mg	88	2	--	25
Phosphorus, P	mg	111	2	--	31
Potassium, K	mg	1125	2	--	315
Sodium, Na	mg	1280	2	--	358
Zinc, Zn	mg	0.10	2	--	0.03
Copper, Cu	mg	0.114	2	--	0.032
Manganese, Mn	mg	0.007	2	--	0.002
Selenium, Se	µg	125.1	--	--	35.0
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28g
Thiamin	mg	0.005	2	--	0.001
Riboflavin	mg	2.530	2	--	0.708
Niacin	mg	0.865	2	--	0.242
Pantothenic acid	mg	0.775	2	--	0.217
Vitamin B-6	mg	0.036	2	--	0.010
Folate, total	µg	18	2	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	18	2	--	5
Folate, DFE	µg	18	--	--	5
Choline, total	mg	8.4	--	--	2.4
Vitamin B-12	µg	0.18	2	--	0.05
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28g
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.999	--	--	0.280
Threonine	g	3.685	--	--	1.032
Isoleucine	g	4.581	--	--	1.283
Leucine	g	6.838	--	--	1.915
Lysine	g	5.515	--	--	1.544
Methionine	g	2.790	--	--	0.781
Cystine	g	2.102	--	--	0.589
Phenylalanine	g	4.736	--	--	1.326
Tyrosine	g	3.153	--	--	0.883
Valine	g	5.164	--	--	1.446
Arginine	g	4.412	--	--	1.235
Histidine	g	1.830	--	--	0.512
Alanine	g	4.684	--	--	1.312
Aspartic acid	g	8.253	--	--	2.311
Glutamic acid	g	10.770	--	--	3.016
Glycine	g	2.842	--	--	0.796

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28g
Proline	g	3.153	--	--	0.883
Serine	g	5.593	--	--	1.566
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0